

NOTE:
Please read all instructions
carefully before using this
product

Safety Notice

Hardware Identifier

Assembly Instruction

Parts List

Warranty

Ordering Parts

Model
MWB 758

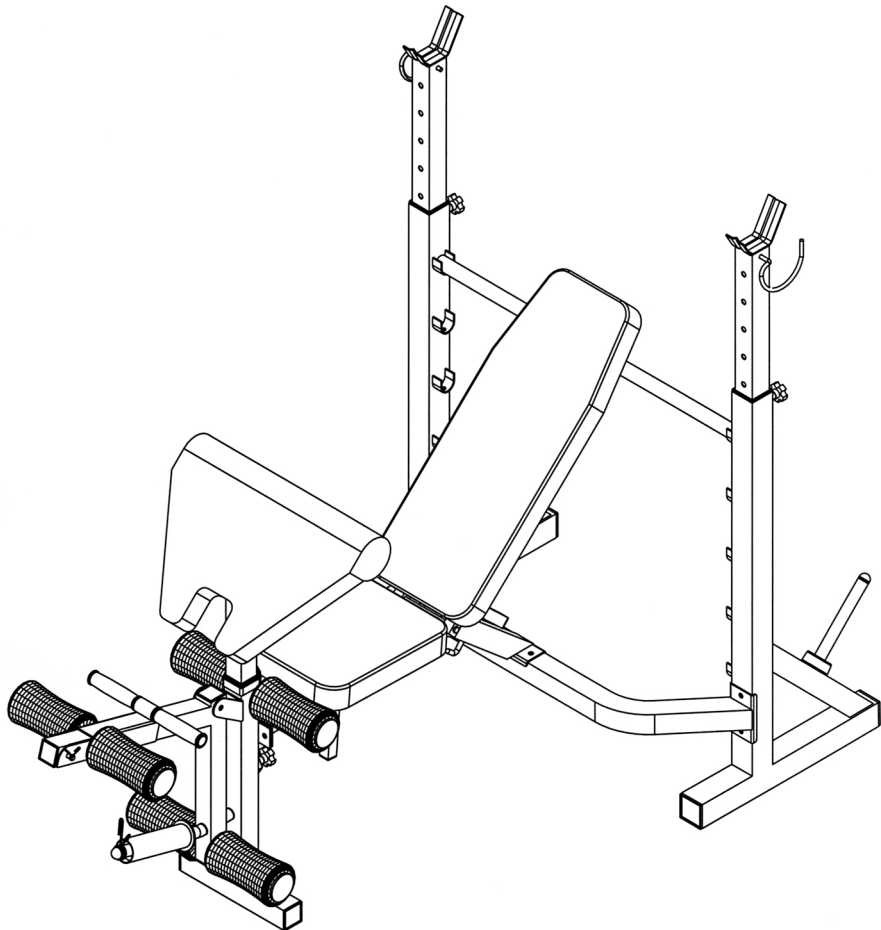
Retain This
Manual for
Reference

07-12-01

OWNER'S
MANUAL

IMPEX
FITNESS PRODUCTS

MARCY WEIGHT BENCH MWB 758



IMPEX FITNESS PRODUCTS

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BEFORE YOU BEGIN

Thank you for selecting the MARCY 758 Bench by IMPEX FITNESS PRODUCTS. For your safety and benefit, read this manual carefully before using the machine. As a manufacturer, we are committed to provide you complete customer satisfaction. If you have any questions, or find there are missing or damaged parts, we guarantee you complete satisfaction through direct assistance from our factory. To avoid unnecessary delays, *please call our TOLL-FREE customer service number*. Our Customer Service Agents will provide immediate assistance to you.

Toll-Free Customer Service Number

1-800-999-8899

Mon. - Fri. 9 a.m. - 5 p.m. PST

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IMPORTANT SAFETY NOTICE

PRECAUTIONS

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

1. **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.**
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp object around the machine.
9. Disabled person should not use the machine without a qualified person or physician in attendance.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Never operate the machine if the machine is not functioning properly.
12. A spotter is recommended during exercise.

WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. IMPEX INC. ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

SAVE THESE INSTRUCTIONS.

HARDWARE IDENTIFIER

PLACE WASHER, END OF BOLT, OR SCREW ON CIRCLE TO CHECK FOR CORRECT SIZE.

MILLIMETERS



M6



M8

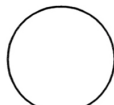


M10

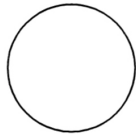
INCHES



1/2"



5/8"



3/4"

REPLACEMENT PARTS

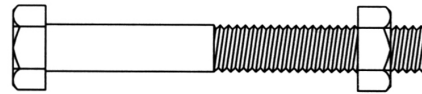
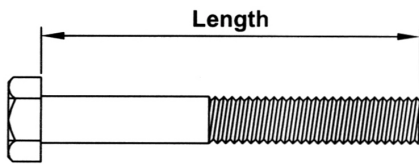
Thank you for purchasing IMPEX product. Although we go to great effort to ensure the quality of our products, Occasionally errors or omissions occur. Should you find either a defective or missing part in this product, Please contact us for a replacement at the telephone number.

QUESTION ?

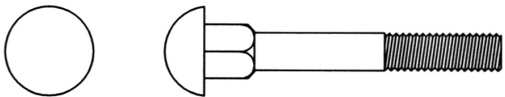


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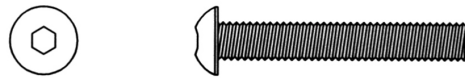
NOTE: When installing a Aircraft Nut (also called Nylon or Lock Nut), Please use two adjustable wrenches to tighten down the Nut. Hold down the Bolt with one wrench, and use the other wrench to turn the Nut clockwise.



HEX HEAD BOLT



CARRIAGE BOLT



ALLEN BOLT



AIRCRAFT NUT



FLAT WASHER

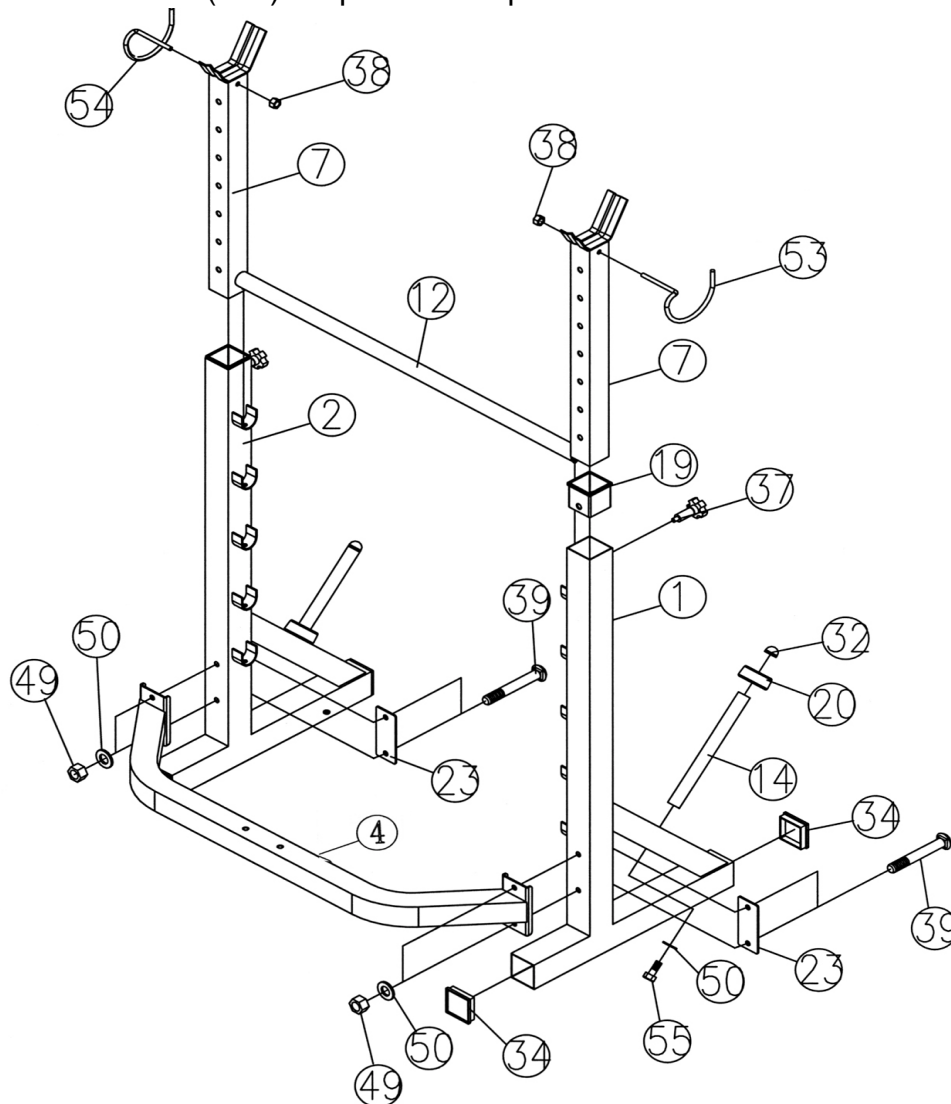
ASSEMBLY INSTRUCTION

Tools Required to Assemble the Machine: Two Adjustable Wrenches and Allen Wrenches. NOTE: It is strongly recommended this machine to be assembled by two or more people to avoid possible injury.

STEP 1 (See Diagram 1)

- A.) Connect the Left and Right Upright Beams (#1) & (#2) by a Cross Brace (#4) in the mid-span. Align the holes and secure them with one Bracket (#23), two M10 x 3 1/8" Carriage Bolts (#39), two $\varnothing 3/4$ " Washers (#50), and M10 Aircraft Nuts (#49) on each end of the Cross Brace.
- B.) Place Backrest Adjustment Bar (#12) between the two Upright Beams on the selected bar holder to obtain desired incline of Backrest.
- C.) Insert two Crutches (#7) into the top openings on the Upright Beams. Secure them with two Lock Knobs (#37) through selected holes to obtain desired height of the Supports.
- D.) Insert the Left and Right Safety Hooks (#53) & (#54) into the holes on the Crutches (#7). Secure them with two M8 Aircraft Nuts (#38).
- E.) Attach a Weight Plate Holder (#14) onto the back of the Left Upright Beam (#1). Secure it with a M10 x 1" Allen Bolt (#55) and $\varnothing 3/4$ " Washer (#50). Push a Rubber Bumper (#20) onto the Holder (#14). Repeat the step to install the other side.

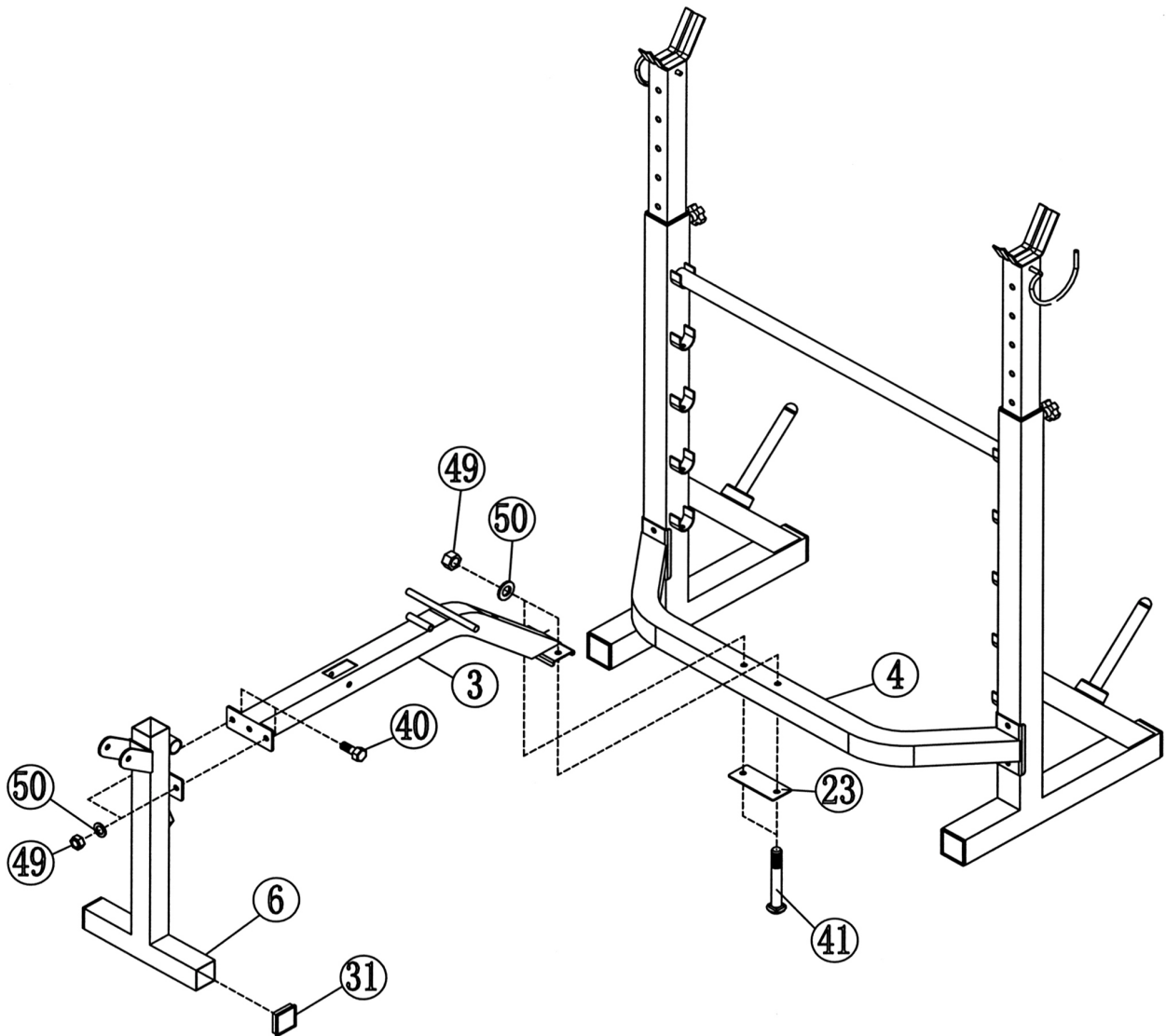
DIAGRAM 1



STEP 2 (See Diagram 2)

- A.) Attach the back of Main Seat Support (#3) to the Cross Brace (#4). Secure it with one Bracket (#23), two M10 x 2 3/4" Carriage Bolts (#41), two Ø 3/4" Washers (#50), and M10 Aircraft Nuts (#49).
- B.) Attach the Front Stabilizer (#6) to the front of the Main Seat Support (#3). Secure it with two M10 x 1" Carriage Bolts (#40), Ø 3/4" Washers (#50), and M10 Aircraft Nuts (#49).

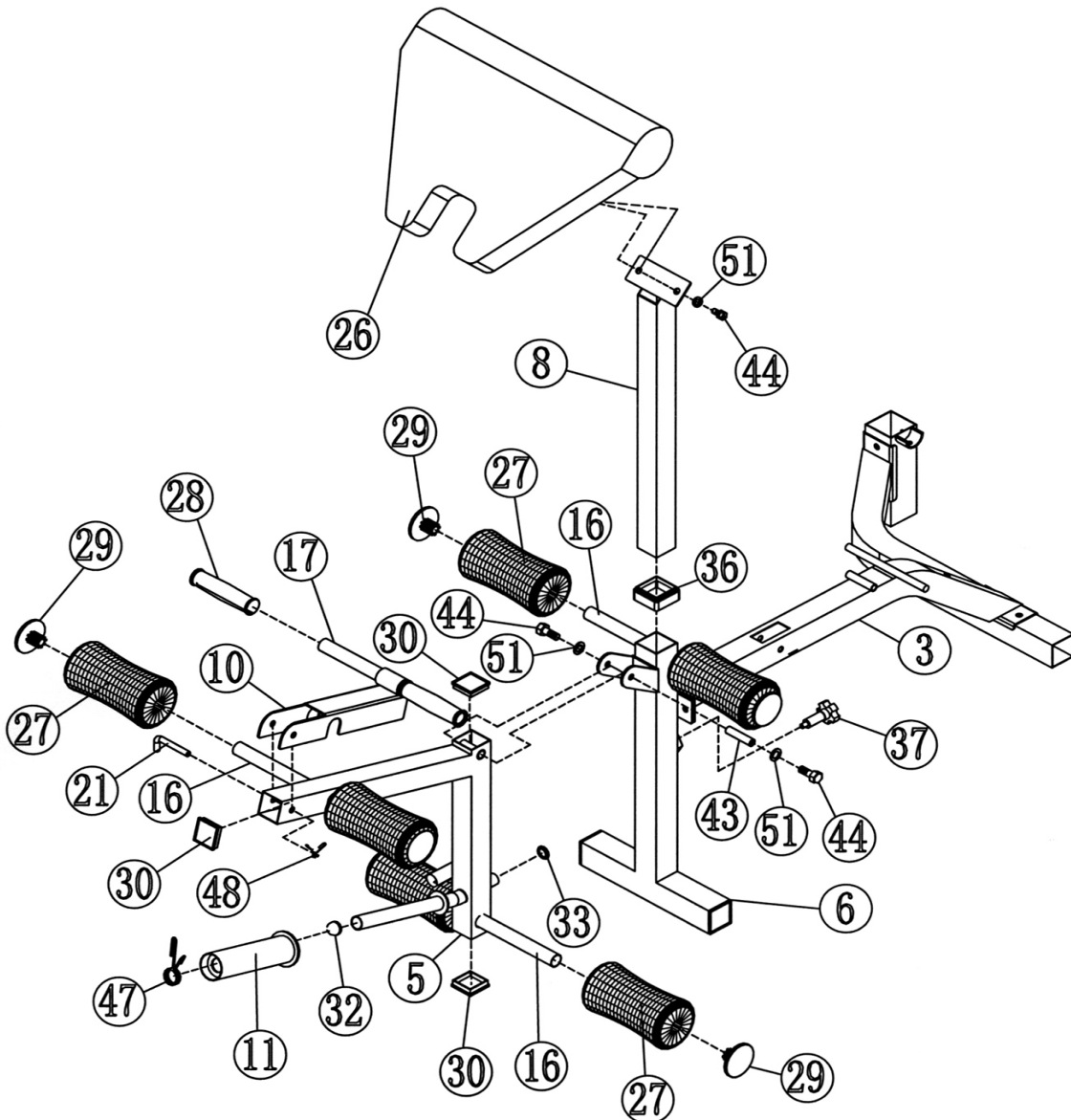
DIAGRAM 2



STEP 3 (See Diagram 3)

- A.) Attach the Leg Developer (#5) to the bracket on the Front Stabilizer (#6). Secure it with an Axle (#43), two $\text{\O} 5/8$ " Washers (#51), and M8 x 5/8" Allen Bolts (#44).
- B.) Attach the Handle Bracket (#10) to the Leg Developer (#5). Secure it with a 2 3/4" L-shaped Pin (#21) and a Spring Clip (#48). Slide the Handle Tube (#17) onto the Handle Bracket. Push two Handle Grips (#28) onto the Handle Tube (#17) from both ends.
- C.) Insert one Foam Roll Tube (#16) halfway through the hole on the Front Stabilizer (#6). Insert two Foam Roll Tubes (#16) halfway through the holes on the Leg Developer (#5). Push six Foam Rolls (#27) onto the Tubes from both sides. Plug six Foam Roll Caps (#29) to the ends. Slide the Olympic Sleeve (#11) onto the weight holder in front of the Leg Developer. Attach the Olympic Spring Clip (#47) to the Sleeve.
- D.) Attach the Arm Curl Pad (#26) to the Arm Curl Stand (#8). Secure it with two M8 x 5/8" Allen Bolts (#44) and $\text{\O} 5/8$ " Washers (#51).
- E.) Insert the Arm Curl Stand (#8) into the top opening on the Front Stabilizer (#6). Secure it with a Lock Knob (#37).

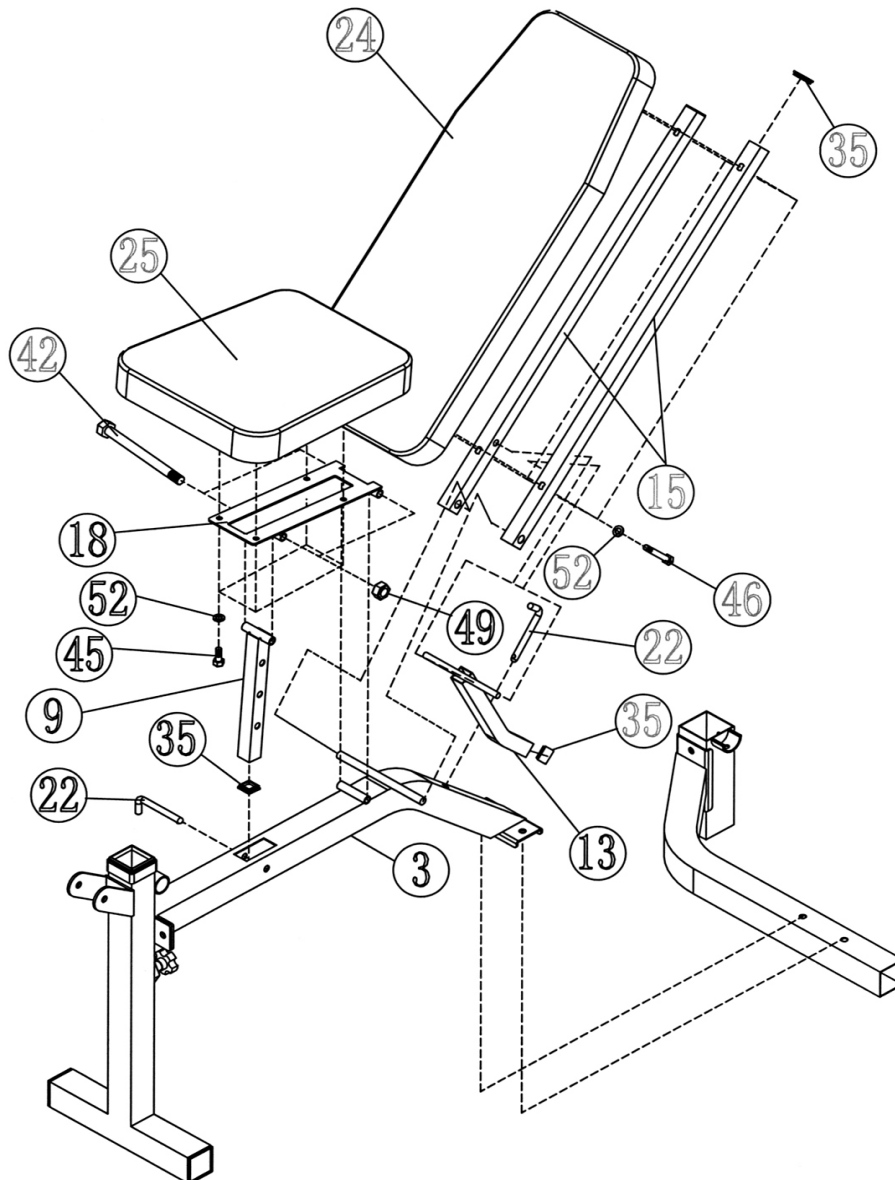
DIAGRAM 3



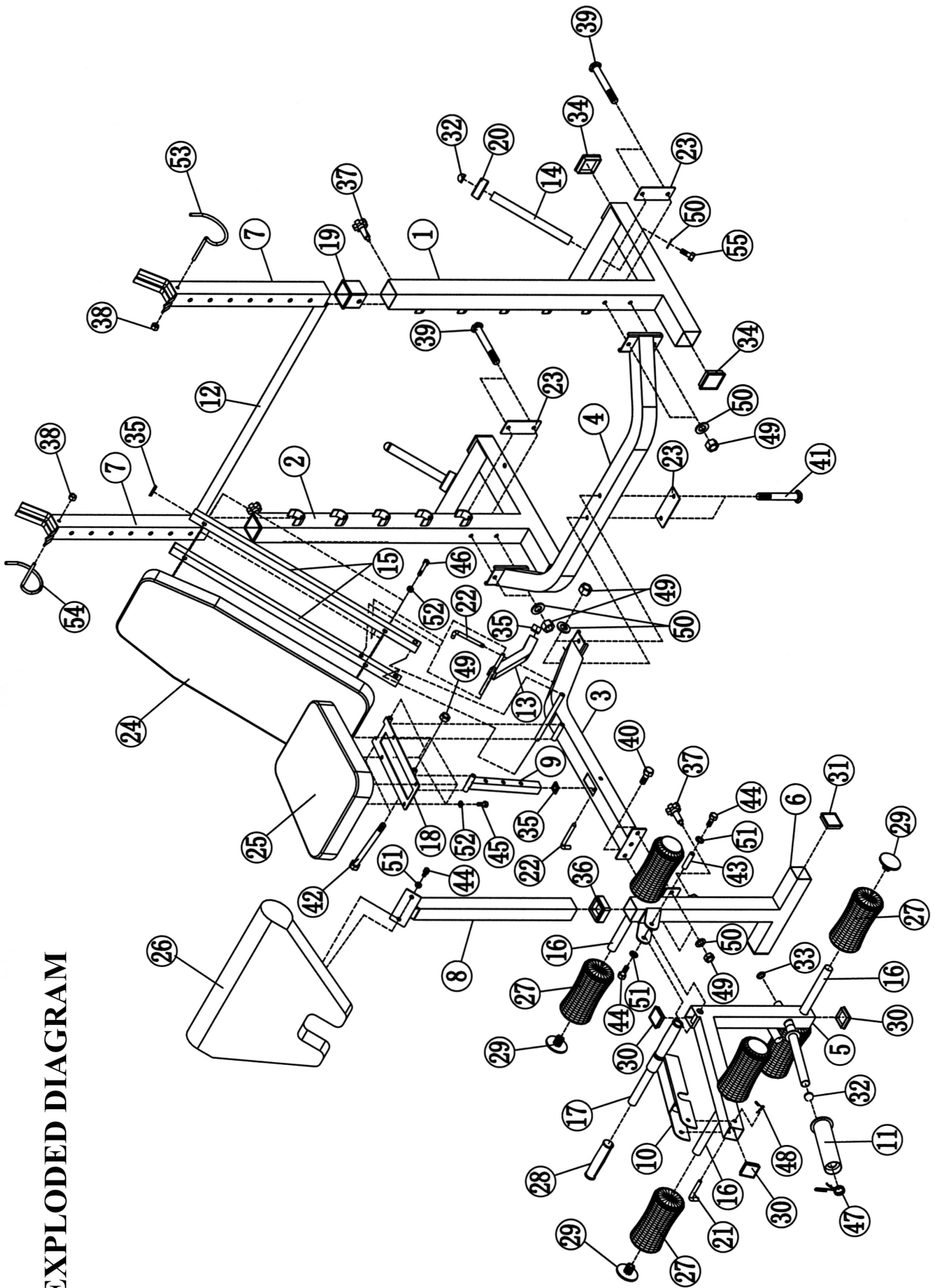
STEP 4 (See Diagram 4)

- A.) Attach the Seat Bracket (#18) to the short pivot on the Main Seat Support (#3). Secure it with a M10 x 4 3/4" Allen Bolt (#42) and M10 Aircraft Nut (#49). Attach the Seat Support Bar (#9) to the pivot on the Seat Bracket (#18). Secure it with a M10 x 4 3/4" Allen Bolt (#42) and M10 Aircraft Nut (#49). Insert the Seat Support Bar (#9) into the opening on the Main Seat Support (#3). Insert a 4" L-shaped Pin (#22) through the holes to obtain the desired incline of the Seat.
- B.) Place the Seat (#25) onto the Seat Bracket (#18). Secure it with four M6 x 5/8" Allen Bolts (#45) and \varnothing 1/2" Washers (#52).
- C.) Attach the two side-holes on the Backrest Supports (#15) to the long pivot on the Main Seat Support (#3). Attach the Backrest Incline Support (#13) to the holes in between the two Backrest Supports (#15). Place the Backrest Board (#24) onto the Supports. Secure it with four M6 x 1 3/8" Allen Bolts (#46) and \varnothing 1/2" Washers (#52).
- D.) Insert a 4" L-shaped Pin (#22) through the holes on the Backrest Incline Support (#13) and Main Seat Support (#3) to lock the Backrest Board in a vertical position. NOTE: The Incline Support is not designed to sustain any weight. The only purpose is to get the Backrest board out of the user's way when using the Uprights for squat exercise. For any other Weight Lifting exercises, remove the Pin.

DIAGRAM 4



EXPLODED DIAGRAM



PARTS LIST

KEY NO.	DESCRIPTION	Q'ty
1	Left Upright Beam	1
2	Right Upright Beam	1
3	Main Seat Support	1
4	Cross Brace	1
5	Leg Developer	1
6	Front Stabilizer	1
7	Crutch	2
8	Arm Curl Stand	1
9	Seat Support Bar	1
10	Handle Bracket	1
11	Olympic Sleeve	1
12	Backrest Adjustment Bar	1
13	Backrest Incline Bar	1
14	Weight Plate Holder	2
15	Backrest Support	2
16	Foam Tube	3
17	Handle Tube	1
18	Seat Bracket	1
19	Sleeve	2
20	Rubber Bumper	2
21	2 3/4" L-shaped Pin	1
22	4" L-shaped Pin	2
23	Bracket	3
24	Backrest Board	1
25	Seat	1
26	Arm Curl Pad	1
27	Foam Roll	6
28	Handle Grip	2
29	Foam Roll Cap	6
30	1 3/4" Square End Cap	3
31	2" Square End Cap	2
32	Cone-shaped End Cap	3
33	1" End Cap	1
34	2 3/8" End Cap	4
35	1" Square End Cap	4
36	2" Sleeve	1
37	Lock Knob	3
38	M8 Aircraft Nut	2
39	M10 x 3 1/8" Carriage Bolt	4
40	M10 x 1" Carriage Bolt	2
41	M10 x 2 3/4" Carriage Bolt	2
42	M10 x 4 3/4" Allen Bolt	2
43	Axle	1
44	M8 x 5/8" Allen Bolt	4
45	M6 x 5/8" Allen Bolt	4
46	M6 x 1 3/8" Allen Bolt	4
47	Olympic Spring Clip	1
48	Spring Clip	1
49	M10 Aircraft Nut	10
50	Ø 3/4" Washer	10
51	Ø 5/8" Washer	4
52	Ø 1/2" Washer	8
53	Left Safety Hook	1
54	Right Safety Hook	1
55	M10 x 1" Allen Bolt	2

IMPEX INC.

LIMITED WARRANTY

IMPEX Inc. ("IMPEX") warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of two years on the Frame from the date of purchase. This warranty extends only to the original purchaser. IMPEX's obligation under this Warranty is limited to replacing or repairing, at IMPEX's option.

All returns must be pre-authorized by IMPEX. Pre-authorization may be obtained by calling IMPEX Customer Service Department at 1-800-999-8899. All freights on products returned to IMPEX must be prepaid by the customer. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an IMPEX authorized service center or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by IMPEX.

IMPEX is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or other damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyments or use, costs of removal, installation or other consequential damages or whatsoever natures. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal right. You may also have other rights which vary from state to state. Register on-line at www.impex-fitness.com

**IMPEX INC.
14777 Don Julian
City of Industry, CA 91746**

ORDERING REPLACEMENT PARTS

Replacement parts can be ordered by calling our Customer Service Department toll-free at **1-800-999-8899** during our regular business hours: Monday through Friday, 9 am until 5 pm Pacific standard time.

info@impex-fitness.com

When ordering replacement parts, always give the following information.

1. Model
2. Description of Parts
3. Part Number
4. Date of Purchase